

Find Out How Authentic Your Emotion Is

Osho

A religious life is a functioning of the spontaneous being. There are situations every moment. You act, but not as a doer, you act spontaneously. Somebody smiles, what do you do? You can smile as a doer, you can manipulate; you can smile because it will be impolite if you don't smile; you can smile, because in a society you have to exist and this man is very important.

Small Factor

In fact, it is greatly flattering that he smiled at you, so you have to. It may be a bargain, a business, a trade, a social mannerism – or it may be simply an unconscious habit. Somebody smiles – you react, you smile. A push-button smile, your being is absolutely unaffected. In fact, you are not in your smile at all. It is just on the lips, a painted thing: just an exercise of the lips, nothing in it, absolutely empty. You manipulate.

You are not only manipulating another's body, you are manipulating your own body – and this goes on. All spontaneity is lost; you become a robot. This is how hell is created. Then your love is false, your hate is false, your smile is false, your tears are false. And how do you suppose to live in such falsity and think of bliss? Be spontaneous, there is nothing to lose and everything to be gained.

A Little Awkward

In the beginning you may sometimes feel a little awkward because you wanted to smile, it was needed as a social etiquette but a spontaneous smile was not there. But soon your authenticity will be felt by others also, and will start paying you. When a real smile comes to your lips, it will be as if the whole being becomes a smile. All around you your smile spreads like ripples in consciousness. Everybody

who is near you will feel a bath-like purity, and you will feel a tremendous bliss happening to you. A simple act of authentic spontaneity, and immediately you are transported from this world to another world.

Full of Spontaneity

Even positive emotions, false, are ugly; and even negative emotions, authentic, are beautiful. Even anger is beautiful when your whole being feels it, when every fibre of you being is vibrant with it. Look at a small child angry – and then you will feel the beauty of it. His whole being is in it.

Radiant. His face red. Such a small child looks so powerful that it seems he could destroy the whole world! And

what happens to a child once he is angry? After a few minutes, he is happy and dancing and running around the house again. Why doesn't this happen



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to you? You move from one falsity to another. If the anger is real, it lasts for a few moments; and while it lasts, authentic, it is beautiful. It harms nobody. A real, spontaneous thing cannot harm anybody. Only falsity harms.

And I tell you that even negative emotions are good, if real; and if they are real, by and by, their very reality transforms them. They become more and more positive and a moment comes when all positivity and negativity disappears. You simply remain authentic: you don't know what is good and what is bad, you don't know what is positive and what is negative. You are simply authentic.

This authenticity will allow you to have a glimpse of the real. Only the real can know the real, the true can know the truth, the authentic can know the authentic that surrounds you. (From 'The Grass Grows By Itself,' courtesy Osho International Foundation, www.osho.com)

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